

The Best of Times, Jr.

Available ONLINE at www.burbankrsvp.com and www.burbankca.gov

May/June 2014

May is "Older Americans Month"

The theme for this year's Older Americans Month is:
"Safe Today, Healthy Tomorrow"

focusing on health and injury prevention.

During this month, communities across the nation recognize outstanding volunteers as active, productive, and influential members of our communities.



This year, we congratulate the recipient of the City of Burbank's
Older American Volunteer Service Award:

Jacques Volpei



And the Burbank recipient of the L.A. County
Older American Volunteer Award

Dorothy Murray

+ = Additional fee

Joslyn Upcoming May Events & Programs

☒ = Sign Up

Joslyn Adult Center

1301 W. Olive Ave.
Burbank, CA 91506
818.238.5353
Monday - Friday
8:00 a.m. - 8:00 p.m.
Saturday & Sunday
9:00 a.m. - 4:00 p.m.

Information Desk

818.238.5353

Nutrition Office

818.238.5357

RSVP Office

818.238.5370

Transportation

818.238.5360

McCambridge Park

1515 Glenoaks
818.238.5365

Don Tuttle Senior Center

1731 N. Ontario
818.238.5367



Healthy Foods and Cooking Demonstration: Friday, May 9, 9:30 a.m.—Presented by the Lakeside Medical Group. For those 55+ at the Joslyn Adult Center, 1301 W. Olive, Burbank. Admission is \$2.00 (free with BSAC card). Please RSVP to 818.238.5353.

Larry Gillespie and the Burbank Big Band Rehearsals: Monday, May 12, 1:00 pm.—Listen (or dance) to 2 hours of swing and Jazz numbers. For those 55+ at the Joslyn Adult Center, 1301 W. Olive, Burbank. Admission is \$2.00 (free with BSAC card).



NOTICE:

This year, Burbank's **Civitan and Jamboree Days** will be held on **Saturday, June 21 and 28**, respectively. During these events, there is very limited parking available in our lot. Those attending Saturday classes on those days should check with their instructor regarding any class cancellations.

+ = Additional fee

Upcoming June Events & Programs

☑ = Sign Up

For those 55+

Burbank Senior Activity Card (BSAC)

Get one and save!

**\$15.00 for Burbank residents and
\$20.00 for non-residents.**

Still the best deal in town!

Notes: ☑ = Sign-up required / + = Additional fee
(most activities are \$2.00 or free with BSAC card).

Neuropathy: What is It? Its Symptoms, Causes, and

Treatments: **Monday, June 9, 10:00-11:00 a.m.**—It's called "the most common disease you've never heard of," as at least 6% of the population has some symptoms. Bev Anderson of the Neuropathy Association explains it all. This special free presentation will be held in the Nutrition area prior to our lunch program.

Dance Now: Monday, June 9, 12:30 p.m.—The "Dance Now" Formation Team consists of 4 retired (but young at heart) couples who have danced and performed together for seven years, promoting a healthy, active life-style through "dance." Come and enjoy this unique form of Ballroom Dance presentation. Admission is \$2.00 (free with BSAC).

Women's Health: Breast Cancer Prevention:

Wednesday, June 11, 3:00 p.m.—Combining traditional and holistic treatments, **Dr. Deanna Attai** takes each patient on a personal journey to breast health, offering specific tools to maintain healthy breasts. (Note: Men can get it too!) She is a board-certified breast surgeon and expert in breast cancer prevention and treatment. Admission is \$2.00 (free with BSAC card). Please RSVP to 818.238.5353.

Coin Appraisals: Saturday, June 14, 12:30-

3:00 p.m.—The **Burbank Coin Group** will offer verbal appraisals of **U.S. coins and currency**, regarding their condition, mintage, and value, on a first-come, first-served basis. Fee is \$2.00 per party (free with BSAC).



Mark Anton Singers: Monday, June

30, 12:30 p.m.—This local group of talented and passionate soloists have performed together since 1991, performing solos throughout the community. Come and enjoy

performances of your favorite Pop, American Popular, Broadway, and Jazz songs. Admission is \$2.00 (free with BSAC).

Welcome to the Joslyn Adult Center

JOSLYN CENTER HOURS

MONDAY-FRIDAY, 8:00 A.M.-8:00 P.M.

SATURDAY & SUNDAY, 9:00 A.M.-4:00 P.M.

818.238.5353

Travel/Recreation Office

Open Monday-Friday

9:00-11:00 a.m. & 12:00-2:00 p.m.,

For information about ongoing weekly and monthly activities, please see the respective flyers available at the **Joslyn Information Desk** or **Tuttle Center**. You may also access information online at "www.burbankwire.com" ("Seniors 55+" section).

Notes: ☑ = Sign-up required + = Additional fee*
(*most activities are \$2.00 but free with BSAC card).

Travel 2014

Spring Day Trip Registration for **July, August, and September Trips** will be held at the Joslyn Center on **Monday, June 9 at 9:00 a.m.** Note: numbers will be given out beginning at 8:00 a.m. Trips leave from the Joslyn Adult Center and include: Skirball Cultural Center, Bowers Museum, Country Queen Show, "Real Pirates" and Pageant of the Masters. For more information, pick up a brochure. ☑+

Seats are still available for the following trips:

- ☛ **Ventura Harbor**
Tuesday, May 20, 10:00 a.m.-6:00 p.m. (\$35.00)
- ☛ **California Science Center—Pompeii**
Wednesday, June 18, 10:30 –3:30 p.m. (\$60.00)
- ☛ **Hidden Malibu Wine Country Tour**
Thursday, June 26, 8:30 –6:00 p.m. (\$171.00)



Hollywood Bowl Ticket Giveaway!

Current BSAC Cardholders may sign up for **2 free tickets** to selected evening Hollywood Bowl events featuring the **LA Philharmonic** (while supplies last). Note: transportation is not provided. A sign-up list will be available during the month of June at the Travel/Recreation Office.